

**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1. (original) A composition comprising:

a. one or more phytosterols and/or phytostanols or a mixture thereof capable of reducing cholesterol absorption in the intestine;

b. a composition capable of inhibiting cholesterol biosynthesis;

c. a composition capable of increasing cholesterol metabolism,

wherein at least one of compositions b. and c. is derived from plants.

2. (original) A composition according to claim 1, wherein the at least one of compositions b. and c. is an extract from a plant or plant parts.

3. (original) A composition according to claim 2, wherein compositions b. and c. are extracts from different plants or parts thereof.

4. (original) A composition according to claim 1, wherein composition b. capable of inhibiting cholesterol biosynthesis comprises one or more HMG-CoA reductase inhibitors and/or squalene synthase inhibitors.

5. (original) A composition according to claim 4, wherein the composition capable of inhibiting cholesterol biosynthesis comprises one or more HMG-CoA reductase inhibitors.

6. (previously presented) A composition according to claim 4, wherein the composition capable of inhibiting cholesterol biosynthesis is derived from a plant or plant part selected from the group consisting of *Alisma orientale*, *Typha* spp., *Salvia miltiorhiza*, *Polygonum multiflorum*, *Curcuma* spp., *Ligusticum* spp., *Polygonatum* spp., *Polygonum cuspidatum*; *Corydalis* spp; *Chrysanthemum morifolium*; *Artemisia capillaris*; *Crataegus pinnatifida*, *Eleutherococcus senticosus*, *Astragalus membranaceus* and subspecies or varieties thereof.

7. (original) A composition according to claim 6, wherein the composition capable of inhibiting cholesterol biosynthesis is an aqueous extract of *Polygonum multiflorum*.

8. (original) A composition according to claim 1, wherein composition a. contains at least 25% by weight of phytosterols and/or phytostanols.

9. (original) A composition according to claim 1, wherein the phytosterol and/or phytostanol or mixture thereof comprises a plant sterol obtained from vegetable oil or wood pulp.

10. (previously presented) A composition according to claim 9, comprising a phytosterol selected from the group consisting of sitosterol, stigmasterol, ergosterol, campesterol, avenasterol, brassicasterol, desmosterol, chalinosterol, poriferasterol, clionasterol sitostanol, stigmastanol and campestanol.

11. (original) A composition according to claim 1, wherein composition c. capable of increasing cholesterol metabolism comprises an effective amount of a composition capable of increasing conversion of cholesterol into bile acids and/or inhibiting the esterification of cholesterol.

12. (original) A composition according to claim 11, wherein composition c. comprises one or more cholesterol

7 $\alpha$ -hydroxylase activators and/or one or more Acyl-CoA acyl transferase inhibitors.

13. (previously presented) A composition according to claim 12, wherein the composition capable of increasing cholesterol metabolism is derived from a plant or plant part selected from the group consisting of *Polygonum multiflorum*, *Polygonum cuspidatum*, *Curcuma* spp., *Ligusticum* spp., *Polygonatum* spp., *Corydalis* spp., *Chrysanthemum morifolium*, *Artemisia capillaris* and *Acanthopanax senticosus*.

14. (original) A composition according to claim 13, wherein the composition comprising an effective amount of a composition capable of increasing cholesterol metabolism is an aqueous extract of *Chrysanthemum morifolium*.

15-20. (canceled)

21. (original) A food or beverage product comprising a composition according to claim 1.

22. (original) A nutritional supplement comprising a composition according to claim 1.

23. (original) A tablet, capsule, microbead, emulsion, powder, granule, suspension, syrup, elixir or chewing gum comprising a composition according to claim 1.

24. (original) A method of reducing serum cholesterol levels or preventing elevated blood serum cholesterol levels comprising administering to a person an effective amount of a composition comprising:

a. one or more phytosterols and/or phytostanols or a mixture thereof capable of reducing cholesterol absorption in the intestine;

b. a plant-derived composition capable of inhibiting cholesterol biosynthesis; and

c. a plant-derived composition capable of increasing cholesterol metabolism.

25. (new) A composition according to claim 1, further comprising a component selected from the group consisting of poly-unsaturated fatty acids, antioxidants, phospholipids, folic acid, vitamin B12, vitamin B6, magnesium, coenzyme Q10 and zinc.

26. (new) A composition according to claim 25, wherein the polyunsaturated fatty acids comprise omega-6-fatty acids and/or omega-3-fatty acids.

27. (new) A composition according to claim 25, wherein the phospholipids comprise lecithin.

28. (new) A composition according to claim 25, wherein the antioxidants comprise tocopherols.

29. (new) A composition according to claim 28, wherein the tocopherols comprise vitamin E.